



Bethel Seniors on the GO



Clifford J. Hurgin Municipal Center, 1 School Street, Bethel, CT. 06801.

Website: Bethel-ct.gov; Hours: Mon. - Fri. 8:30 am - 4:00 pm.

50 years and older! Be Alert. Be Challenged. Be Creative. Be Energized. Be Fit. Be Better.....at Bethel!

Active Adults Enjoying Life! (203) 792-3048 | JULY / AUGUST 2021

Our Mission

Since 1977 our community's mature citizen, 50 years and older, can find a multipurpose facility at the Bethel Senior Center. It is our mission to provide opportunities for friendship, physical, intellectual, cultural, and social activities; to motivate individual and group participation; to encourage positive attitudes and preserve individual dignity and respect for all older adults.

Office Hours:

Monday - Friday, 8:30 am - 4:00 pm



Contact Information

First Selectman.....Mr. Matt Knickerbocker
Senior Center Director.....Lisa Plumb
Assistant Director.....Rosemary Cywin
Senior Aide.....Pat Morton
Senior Aide.....Ginny Bonacci
Commissioner on the Aging.....Al Barney
Municipal Agent.....Lisa Plumb
Phone.....(203) 792-3048; 794-8593
Fax.....(203) 744-3812
Email.....Plumb1@bethel-ct.gov

Important Numbers and Meetings:

Sweetheart Bus Reservations.....203-748-2511
Meals on Wheels.....203-628-7540
Commission on Aging Meeting.....
(2nd Monday of the Month; 2:30 p.m.)

In This Issue

Important Numbers, Meetings, Events..... Page 1
New Programs.....Page 3
Activities & Programs.....Page 4
Statewide Upcoming Events.....Page 5
State Parks / Weekly Program Calendar.....Page 6
Membership.....Page 8

**Bethel Senior Center is
closed:
Mon., July 5**



Van Appointments



Our new Van is here and ready for you to make appointments! Appointments, Including medical appointments, and shopping are available to surrounding towns from Bethel.

\$2./suggested donation



**WELCOME
BACK!!**

A few of our members
returning to their first
class: Tai Ji Quan:
Movement for Better
Balance.

Members pictured:

Tom Pace, Ginger Moore,
Joan Finn, Marie Zappala, David Rist.



*We value and appreciate
your support and
participation at the
Bethel Senior Center!*

Membership

*New membership applications are now available in the
Senior Center office. ALL non-Bethel residents must
complete a new membership application. There is a \$30.
annual application fee due by 7/1/21.*

**Please stop by the office & complete a
new membership . Thank you.**

June 20...Summer begins!

Let's celebrate at a

CARIBBEAN DANCE PARTY!

Wednesday, July 21 from 12 noon—2:00 p.m.

*with the popular Billy Michael who will be back for a super
summer performance. We will dance the afternoon away
while enjoying some delightful barbecue food & dessert.*

\$ 10./ per person.

**Includes the food & entertainment
Pre-registration is required.**



BETHEL SENIOR CENTER

New & Exciting...



SQUARE DANCE IS BACK!!



At the Bethel Senior Center we refer to it -fondly- as "Traditional Dance".

Our Traditional Dance program will begin in July with two dates, July 6 & July 20. Traditional Dance will be held every Tuesday morning after that. All dance times will be at 10:30 a.m. in the BSC cafeteria.

All participants must be members of the Bethel Senior Center and sign up in advance to participate.

We look forward to you joining us. All are welcome, both experienced dancers and beginners.



Join our new Zumba Instructor, Jody , for a morning of energy, dance, fitness, & fun. Great music, great exercise! Zumba is held on Monday and Wednesday mornings at 9:00 a.m. in the Bethel Senior Center cafeteria. All participants must be members of the Bethel Senior Center and register in advance to secure your spot.

CHAIR YOGA

With Linda Fiske



We are happy to announce a second Chair Yoga class with Linda. This is a great beginner class for those who haven't exercised as much as they

would have liked during the Pandemic. A great way to strengthen your core while improving balance, flexibility and strength. Please sign up in advance. Chair Yoga is offered Tuesdays at 9:00 a.m. and Fridays at 10:00 a.m. Tuesday classes will begin July 13. Friday classes have already begun. All classes require pre-registration. The cost is \$4.00/per class.

BEGINNING COMPUTER CLASSES

Thursday, 10:00 a.m. - 11:30 a.m.



This class is designed for the beginner or a person with a specific problem. Classes are limited to two members allowing individual

attention to address exactly what you need to learn.

All participants need to be members of the BSC.

FREE! *Please register in advance.*

New Program! Sewing Wheelchair Bags For Nursing Home residents

Would you like to get involved in a feel-good charity based program but didn't know where to start?

Come to the Bethel Senior Center!

We are sewing wheelchair/walker bags for residents of local nursing homes as a gift for them. We need people that are willing to help cut fabric from a pattern (easy!), iron fabric (easy!), or sew these simple, but beautiful bags together (pretty easy!). Plenty of guidance will be provided and all of the supplies. We just need helpers. Come meet some of the most giving and wonderful people right here at the Bethel Senior Center and make a new friend in the process. Everyone is welcome to join. The more the merrier!

Wednesdays from 1:30 pm - 3:30 pm.

Beginning in July

Please sign up in advance



Activities & Programs...

All persons need to be Bethel Senior Center members to participate.

All interested to participate must call the office to make an appointment. 203-792-3048.

Adult Meditative Coloring, Mon., 10 am - 11:30 am. Please bring your own supplies. Free.

Art Class – Our longtime Instructor, Adele Moros teaches Mondays from

1:00 p.m. to 3:30 p.m. Work on or drawing using the medium choice. \$4. /class. Please bring ALL of your own supplies and register in advance by calling the office.



experienced Art class on any painting of your

Bible Study- Taught by one of our members, Natalie, a bible book or verse is discussed each week. Free on Wednesdays at 10:30 am.



Canasta A card game played on Mondays from 1:30 - 3:30 p.m. No experience necessary. Free.

Ceramics- There's an awful lot of laughing coming from the studio when ceramics is in session.



If you want to have fun and be creative...this is the class for you! \$4/class. The class fee includes all paints/stains and firing. Classes are held on Tuesdays and Thursdays from 9:00 a.m. - 11:30 a.m..



Chair Yoga-Chair Yoga is great for those having difficulty getting down on the floor or need a chair to hold on to. Chair Yoga is a key way to strengthen your body in a controlled, safe manner. Tuesdays at 9 a.m., beginning July 13; and Fridays at 10:00 a.m., which has already begun. Please call the office to reserve your spot. Both classes are taught by Linda Fiske and are \$4.00 per class.

Computer-This free course is individualized to what you want to learn. Members may sign up weekly with a limit of 2 students per class. Thursdays at 10:00 a.m. to 11:30 a.m. Please sign up in the office. Free.

Crochet & Knit- A lively group of ladies crochet and knit for our annual holiday shoppe as well as a variety of charity work. All you need to do is show up with your own supplies! Please note this is not a class, but a social gathering. All participants should be proficient in knitting or crochet. Thursdays at 9:30 am. Please make a reservation in advance. Free.



Quilting- Thursdays at 1 pm. Members meet to work on a seasonal quilt as well as a Quilt of Valor for our Veterans. Basic sewing and/or quilting skills are required.

Set Back- Tuesday afternoons at 1:30 - 3:30 p.m.; Experienced player or beginner, we would love for you to join! Come, give it a try!

Sewing for Charity - The class is not in session at the present time but kits are available to those who would like to sew a dress at home. Two kits may be picked up, by appointment, at your convenience.

Traditional Dance-At the Bethel Senior Center we refer to it -fondly- as “**Traditional Dance**”: A mix of circle, square, and longways (think Virginia Reel), and a little International Folk Dance.” Our Traditional Dance program will begin in July with two dates, July 6 & July 20. Country Dance will be held every Tuesday morning after that. All dance times will be at 10:30 a.m. in the BSC cafeteria. All participants must be members of the Bethel Senior Center and sign up in advance to participate. We look forward to you joining us. All are welcome, both experienced dancers and beginners.



Yoga– Enjoy and relax in an afternoon Yoga class taught by Eileen on Monday afternoons at 1:00 p.m.; The cost of the class is \$4.00/per class. Please register in advance by calling the office at 203-792-3048.

Zumba- Join our new certified Zumba instructor, Jody . High energy, fast moving, fun exercise. A good workout with latin rhythm music. Mondays & Wednesdays at 9:00 a.m. - 9:45 a.m.. The cost is \$4.



List updated as of 5/28/2021

Major Fairs in Connecticut

Enjoy your summer!

North Stonington Agr. Fair - July 8 - 11, 2021

21 Wyassup Rd, North Stonington, CT 06359

northstoningtonfair.org 860-535-3956



Lebanon Country Fair - 2

August 6 - 8, 2021

122 Mack Rd, Lebanon, CT 06249

lebanoncountryfair.org 860-642-6012

Bridgewater Country Fair - 3

Returns in 2022

100 Main St. South, Bridgewater, CT 06752

bridgewaterfair.com 860-354-1509

Wolcott Lions Country Fair - 4

August 20 - 22, 2021

245 Wolcott Rd., Wolcott, CT 06716

wolcottfair.com 203-879-5466

Brooklyn Fair - 5

August 26 - 29, 2021

15 Fairgrounds Rd., Brooklyn, CT 06234

brooklynfair.org 860-779-0012

Chester Fair - 6

August 27 - 29, 2021

11 Kirtland Terrace, Chester, CT 06412

chesterfair.org 860-526-5947

Terryville Lions Country Fair - 7

August 27 - 29, 2021

171 Townhill Rd, Terryville, CT 06786

terryvillefair.org 860-582-0709

Haddam Neck Fair - 8

September 3 -6, 2021

26 Quarry Hill Rd., Haddam Neck, CT 06424

haddamneckfair.com 860-267-5922



Woodstock Fair - 9

September 3 - 6, 2021

281 Route 169, South Woodstock, CT 06267

woodstockfair.com 860-928-3246

Goshen Fair - 10

September 4 - 6, 2021



Connecticut State Park Season Pass

Under Connecticut's Passport to Parks Program, CT Residents are no longer required to pay a parking fee at CT State Parks and Forest recreation areas, due to DMV collecting a \$10 fee (\$5 per year) on behalf of DEEP at the time of registration and registration renewals for non-commercial motor vehicles. Therefore, we no longer sell Season Park passes for CT registered vehicles.

The State Parks and Forests of Connecticut provide a wealth of recreational opportunities, including hundreds of miles of trails.

Air Line State Park Trail, Multi-Town
 Bennett's Pond State Park, Ridgefield
 Farm River State Park, East Haven
 Farmington Canal Greenway, Cheshire/Hamden
 Gay City State Park, Hebron
 Hammonasset Beach State Park, Madison
 Hop River State Park, Multi-Town
 Hopeville Pond State Park, Griswold
 James L. Goodwin State Forest, Hampton
 Larkin State Park Trail, Southbury/Naugatuck/Oxford/Middlebury
 Mansfield Hollow State Park, Mansfield
 Massacoe State Forest, Simsbury/Canton
 Mianus River State Park, Stamford
 Nepaug State Forest, New Hartford
 Rocky Neck State Park, East Lyme
 Stratton Brook State Park, Simsbury
 Windsor Locks Canal State Park, Windsor Locks



REGULAR WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 - Zumba 10 - Adult Meditative Coloring 1 - Art Class 1 - Yoga 1:30 Canasta	9 Chair yoga 9 - Ceramics 10:30 Country Dance 1 Tai Ji Quan: for Better Balance 1:30 Set Back 2:30 Tai Ji Quan: for Better Balance	9 Zumba 9:30 Sewing for Charity 10:30 Bible Study 1:30 Sewing wheel-chair bags for charity	9 Zumba 9 Ceramics 9:30 Knit & Crochet 10 Computer class 1 Quilting 1 Tai Ji Quan: for Better Balance 2:30 Tai Ji Quan: for Better Balance	10 Chair Yoga

Bethel Senior Center

1 School Street
Bethel, CT 06801

PRSRT STANDARD
US POSTAGE PAID
DANBURY, CT
PERMIT NO. 3111

RETURN SERVICE REQUESTED

Bocci

Membership

We value and appreciate your support and participation at the Bethel Senior Center!

New membership applications are now available in the Senior Center office. ALL non-Bethel residents must complete a new membership application. There is a \$30. annual application fee due by 7/1/21. Please stop by the office & complete a new membership . Thank you.



Looking for anyone interested in joining a new bocci league that the Bethel Senior Center is starting. We will be building a new bocci court and are looking for volunteers interested in helping and/or donations of wood and supplies. Please call the Bethel Senior Center if interested.

